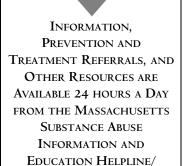
YOU CAN MAKE A DIFFERENCE



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THE MEDICAL FOUNDATION.



Additional Information and Statistics are Available From:

- Massachusetts Youth Health Survey, October 2002 www.state.ma.us/dph/bsas
- Massachusetts Youth Risk Behavior Survey www.doe.mass.edu/hssss/yrbs/ 01/results.pdf
- National Center on Addiction and Substance Abuse at Columbia University www.casacolumbia.org
- Monitoring the Future, Overview of Key Findings 2002 www.monitoringthefuture.org
- Office of National Drug Control Policy www.whitehousedrugpolicy.gov
- Parents. The Anti Drug www.theantidrug.com
- Partnership for a Drug-Free America www.drugfreeamerica.org
- U. S. Department of Health and Human Services www.health.org

Be the first to TALK WITH YOUR PRE-TEEN about ALCOHOL, TOBACCO, and other DRUGS

INFORMATION FOR FAMILIES



TOBACCO

WHAT IS IT?

- Cut up leaves of cultivated tobacco plant
- Can be smoked in cigarettes, cigars, bidis (flavored cigarette), or pipes or chewed (smokeless tobacco)
- Also called butts, spit, chew, dip

STATISTICS

- 20% of Massachusetts students smoke their first whole cigarette before age 13. Children who first smoke before age 13 are much more likely to smoke in high school and are twice as likely to have tried quitting at least once.
- Tobacco use is the leading preventable cause of death in the US—one of every five deaths in the US is caused by tobacco use.

RISKS

- Addiction—the earlier young people begin to smoke, the more likely they are to become addicted to tobacco. Within days of starting to smoke, young smokers show signs of addiction.
- Lung disease, heart disease, stroke, asthma
- Cancer (cigarettes contain more than 43 cancer-causing chemicals)
- Reduced physical activity performance

WHAT TO LOOK FOR

- Cigarettes, matches, lighters
- Smell of smoke on clothing, hair
- Tobacco rolled in leaves, available in flavors ("bidis")

CLICK HERE FOR

SOURCES OF STATISTICS